SCHOOL CALENDAR

August
Friday, 26th August
Playgroup - 9am
Lyell House Visit - Leatherwood

Tuesday, 30th August
Assembly - 2:15pm
School Board Meeting - 7pm

September
Friday, 2nd September
Footy Colours Day
Playgroup - 9am
Class Mass - King Billy - 9:30am
Lyell House Visit - Huon

Tuesday, 6th September
2017 Kinder Interviews
Thursday, 8th September
2017 Kinder Interviews
Friday, 9th August
Class Mass - Prep/Gr1 - 9:30am
Lyell House Visit - Myrtle

Tuesday, 13th September
Assembly - 2:15pm

2017 Term Dates
Term 1: Feb 9th - Apr 13th
Term 2: May 1st - July 7th
Term 3: July 24th - Sept 29th
Term 4: Oct 16th - Dec 21st

SUNDAY'S GOSPEL

Luke 14:1,7-14
When you hold a banquet, invite the poor, the crippled, the lame, and the blind.

Family Connection

Parents and children often enter into “negotiations” over how much allowance is to be earned at certain ages. Typically, when a child seeks an increase in allowance, parents will attach an increase in chores and responsibilities for them to better earn the increase. Talk about what kind of allowance you received as a child and what kind of responsibilities your parents expected of you to earn your allowance.

Explain that in this Sunday’s Gospel, Jesus talks about doing good deeds for others and expecting nothing in return. Read aloud Luke 14:1,7-14. Ask your children how they would feel if you told them to take on more chores without ever expecting another raise in allowance. Emphasise that Jesus teaches us that it is our duty as his followers to take care of the needs of others and to do so without expecting repayment. Discuss what other types of rewards we can find when doing good things for others.

Point out that we sometimes fall into the trap of wanting too many things and that, in the Our Father, we pray for “our daily bread,” meaning that we pray for only that which we really need in life. Ref:http://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection

Luke 6:31 - And as you wish that others would do to you, do so to them.
Congratulations to the following students who received awards in our last assembly:


**Huon** - Montana, Amelie, James, Jacob, Allie & Charlie.

**Myrtle** - Cobi, Shelby, Tommy, Holly, Charlton, Jaidin, George, Jordan, Jarrad & Meshca.

**King Billy** - Dakota & Joel

**WEST Awards**

Skye
Maya

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**Class News (Huon)**

**Huon Is Out Of This World!**

*(Limerick)*

There is a cool class here called Huon
We’d like you to know what we’re doin’
We’re learning about space
Round the sun planets race
There’s a smart bunch of kids in Huon

We have learnt how to write a fun Limerick
Getting the words to rhyme is the real trick
Rhyme lines five, two and one
Then three, four and you’re done
And in your head the words will surely stick

We’ve been learning about 3-D shapes
We see spheres when we’re eating our grapes
Our dices are cubes
Cylinders are tubes
3-D objects are fat 2-D shapes

Rio Olympics were just so much fun
We profiled athletes who swim, jump and run
Please come see our wall
Outside in the hall
We’ll hold our own games when we get some sun

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**House Captains**

Congratulations to the following students who received house captain for terms 3 & 4:

**SRC Members**

Blair, Laura, Sharee, Stella, Jordan, Meshca, Charlton & Agatha.

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Luke 6:31 – And as you wish that others would do to you, do so to them.
Canteen Special
• Pumpkin Soup – $2.00
• Pasta Bake (Wednesdays only) – $3.00

2017 Kinder Enrolments
We will be holding interviews for 2017 kinder enrolments on Tuesday, 6th September and Thursday, 8th September. If you are aware of anyone interested in enrolling their child at St Joseph’s Catholic School in kindergarten for 2017, please inform them to contact our school office to arrange an interview time and to receive an enrolment pack. Children will need to be turning 5 during 2017 to be eligible for kindergarten.

SRC - Footy Colours Day
Footy Colours Day will be held next Friday, 2nd September. The SRC is inviting all students to wear their favourite sporting team colours for a cold coin donation to help raise money for the Fight Cancer Foundation.

Kinder students are able to wear their favourite footy colours on Thursday, 1st September.

Basketball Tournaments
We will be submitting a 3/4 girls team and a 3/4 boys team in the Devonport Basketball Tournament & the North West Basketball Tournament. Unfortunately, we didn’t get enough players for the 5/6 girls and 5/6 boys. If your child is interested in playing please contact the school office.

If you are able to help out with coaching & umpiring please contact the school office.

RELIGIOUS EDUCATION
Sacramental Programmes, 2016
We would like to invite families from grades 3 - 6 interested in participating in the Sacramental programmes for 2016 to make contact with the school. The Sacramental Mass will take place in Rosebery on Friday, 21st October, 2016 at 6:00pm. Children will need to have been baptised in the Catholic faith to be eligible to participate.

Please contact Louise Sikkens (Religious Education co-ordinator) for further details. We would appreciate final numbers by this Friday, 26th August.

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PARENTS & FRIENDS NEWS

Father’s Day
On Friday 2nd September we will be holding a breakfast from 8am in the assembly hall for Father’s Day. Children are invited to bring along their dads, step-fathers, grandfathers & uncles. The cost will be $5.

We will be holding a Father’s Day stall throughout the day on Friday 2nd September. Children can purchase a small gift for a gold coin donation. Blue Gum students are invited to come along to the assembly hall to purchase gifts.

Toy Catalogues
Parents wishing to place an order from the toy catalogues are asked to please have their order forms and money to the school office by Monday, 19th September. There are spare catalogues at the school office if anyone hasn't received one.

School Fair
We are asking for donations for the upcoming Twilight Fair on Friday, 11th November. Please drop any full jars and/or chocolate bars/blocks into the school office. Anyone wishing to donated any white elephant stall items can leave their name and number at the school office.

Next Meeting
Wednesday, 14th September at 7pm in the library.

Catholic Education Week
A huge thank you to all the families who attended our open morning and helped celebrate Catholic Education Week.

Move Well Eat Well - Lunch Box Ideas

Pizza Muffins
1 wholemeal muffin, cut in half
1 tablespoon tomato paste
1/2 carrot, grated
1/2 stick celery, finely chopped
1 slice ham, chopped
1/2 cup mozzarella cheese (Serves 2)

• Toast muffin under grill until golden.
• Spread with tomato paste and top with carrot, celery, ham and cheese.
• Place under hot grill until cheese melts.
• Serve immediately.
Catholic Education Week Open Morning

Luke 6:31 – And as you wish that others would do to you, do so to them.
Luke 6:31 - And as you wish that others would do to you, do so to them.
Helping kids focus in the age of distraction
Finding ways to turn your kids from flitters to focusers – how teaching your children to ‘stick with it’ can have lifelong benefits.

As a society we often debate about the ‘right’ amount of screen time, and with the introduction of personal screens over the last decade, to add to TV, laptops and desktops, the focus on a single task has slowly ebbed away. The British Psychological Society found that too much screen time (more than their recommendations of no more than 2 hours per day) could unintentionally cause permanent damage to a child’s still-developing brains. Impacting the capacity to focus, to concentrate and to give attention to tasks.

Distraction is often managed through the delicate art of re-direction or encouragement to combat the ‘but I just can’t do it!’ However, has this brave new world of binge watching TV, entertainment on demand and socialisation via hand held devices created kids that always have options for those tasks that require some stubborn determination? If so how might this new way of living and relaxing challenge our kid’s capacity to stick with a difficult task when they have a world of entertainment at their disposal?

Dr Daniel Goleman, an award-winning psychologist and TED speaker, emphasises the need for people to engage in skills that foster emotional intelligence. Goleman’s belief is that ‘Kids learn best when they can maintain sustained attention, whether to what a teacher is saying, their textbook, or their homework. The root of learning is keen focus; distractions kill comprehension.’

But the new normal for young people continually interrupts their focus with distractions.’

Neuroscientists tell us that the more a young person can practice keeping focus and resist distraction, the stronger and more richly connected this child becomes. By the same token, the more distracted, the less so. Rebecca, a NSW schoolteacher who is passionate about the topic, finds that the evidence is clear in our own homes and in classrooms ‘we now have young people who are experts at ‘flitting’ from one device to another and she refuses to take a defeatist approach because without refocusing those ‘flitters’ to ‘focusers’ who risk the next generations creative or scientific masterminds we risk losing children who are able to ‘sit still and agonise over a task long enough to see it through to its marvellous end’.

Tips for helping kids maintain focus and attention

1. Build your child’s focus
As with all tasks the aim is to start small and build your child’s capacity to master the concept of ‘sticking with it’. Cath, a school counsellor, finds that she can use the same strategies with the teens she works with and her primary school aged children when she gets home: ‘it’s all about breaks and rewards. Set a timer between breaks and then on a break they need to do something active like a push-up. Then there is a little reward for staying on task for a particular amount of time.’

2. Remember it’s all about the journey
Parents and researchers agree that understanding what can be gained from being focused is the key to engaging your ‘flitting’ child. Our solution driven society is often focused on what we receive at the end rather than the process to get there. Teaching your children to tolerate the unexpected can have wonderful benefits, as can sitting with something that may have previously been viewed as unachievable.

3. Keep calm and focus
Use calm methods to engage children who become distracted: breathe, relax and high five each other when working alongside your child or when with a group of children. Talk about what might be achieved at the end and make it a fun process.

Screens, for all their negatives and benefits, are here to stay. Many argue that they provide complexity and new experiences to our children’s world by identifying exciting technologies but they also provide avenues to ‘opt out’ of the hard yards.

Reaching what you thought was unattainable by engaging in a single focus and ‘sticking with it’, can provide lifelong lessons.

Sarah Wayland

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did.